

Eastern Health CHAMPS Programs

A number of different types of peer support groups for 8-12 yr. old primary school aged children who have a parent/s who have a mental illness/mental health issues and live in the Eastern Region are run by Eastern Health FaPMI program in partnership with other agencies. There is no cost to attend these programs. Attendance for all programs is by referral. **

Term 3 CHAMPS Programs

CHAMPS Peer Support Program

Will be held in the term 1 school holidays.
Contact Bronwyn Sanders for details.

CHAMPS Martial Arts as Therapy Life Skills Program

The MAT program is a physically active therapeutic program that combines the basics of behaviour management with the principles of traditional martial art.

When: 8 weeks over Term 1, 4.15-5.15pm
Commencing Tuesday 12th February
No cost to attend.

Where: Croydon Connection, 185 Mt Dandenong Rd, Croydon, On the corner of Mt View St

Contact **Bronwyn Sanders 0408 291 580** or email

bronwyn.sanders@easternhealth.org.au for further information and see below for link to referral form.

If you would like a group to run in your area please contact Bronwyn to discuss.

Kids Club: Croydon

Peer Support group for 8-12yr old children and their families who have previously completed a CHAMPS program. Meets monthly on a Monday from 4.30-7pm at EV's, Mt Dandenong Road in Croydon and at other locations.

Contact Rebecca for dates.

The group is a partnership of **Eastern Health** and **Anglicare** and funded by **Croydon Rotary**, and the **Brethren Lodge of Concentration No. 753**

Contact: Rebecca at Anglicare 9735 4188

Groups for Parents: Parent-Child Mother Goose Program

Enjoy an hour of rhymes, songs and stories with your child 0-5. Learn new ways to cope and meet other parents.

When: Thursday mornings 10.30-12.00 midday

Where: Box Hill Library meeting room 1 (upstairs) 1040 Whitehorse Rd Box Hill

Please contact:
Georgia Cripps
0432 850 076
Jane Powley-Deo
0409 510 363

easternhealth

Space4us

Space4Us is a program for young people 13-18 years who have a parent or family member with a mental illness. It is about having fun, learning about mental illness, learning new coping skills and having a safe place to talk about how mental illness affects you and your family. The next Space 4 us program will be run by Inspiro.

When: 17th, 18th, 21st and 22nd of January 2019 from 10.00am-2.30pm

Where: Inspiro Belgrave 1616-1624 Burwood Hwy Belgrave

Contact: Youth counsellors Hayley, Leah or Sabatinie ph:9738 8801

Young Leader Program

The Satellite Foundation Young Leader Program offers opportunities for young people aged 18-25 (approx) who have a parent or significant/ primary carer/ adult with a mental illness. Participants are encouraged to develop their self-awareness, confidence and leadership skills under the mentorship of staff, including lived-experience peer facilitators and other program facilitators with specialist skills.

When: March 16th/23rd, April 6th/27th, May 4th/25th, June 15th
Camp: July 3-5th

Where: Brunswick Business Incubator Melbourne

Contact: sylvie@satellitefoundation.org.au

rose@satellitefoundation.org.au

Eastern Health program information and referral forms can be found at:

<https://www.easternhealth.org.au/a-z-services-directory/children-families-better-understand-mental-illness-champs>

**** Please note Link to 2019 All programs referral form is on the right side of page.**

Programs for Families where a Parent has a Mental Illness in the Eastern Region. Term 1 2019

Programs for Families/ Carers	<p><u>EACH Carer's Group</u></p> <p>A fortnightly support group for carers of people with a mental illness living in the local council areas of Knox, Maroondah & Yarra Ranges. Meets fortnightly on Wednesdays 1-3pm at Lifeworks in Ringwood. Contact Bronte Schofield on 87202500 for further information. For other carer supports call the MIND carer helpline on 1300 550 265 for advice.</p>	<p><u>COPES</u></p> <p>Carers Offering Peers Early Support Program provides peer support to carers/family whose relatives are receiving mental health services from Eastern Health Adult Mental Health Services in the outer east or from EACH</p> <p>COPES Ringwood is staffed on a part time basis only. Referrals and contact can be made by calling COPES Worker, David Neef on 99551177</p>	
Programs for Parents	<p><u>Supported Playgroups</u></p> <p>PANDA has a Guide to Postnatal Depression Support Groups in various regions. There can be a range of activities that take place in the groups depending on the purpose of the group, the resources available and the skills of the facilitators.</p> <p>Contact PANDA on 1300 726 306 Mon- Fri. 10-5pm or visit the website</p> <p>http://www.panda.org.au/</p>	<p><u>Anglicare Parentzone</u></p> <p>Parentzone Eastern offers free services to parents and carers throughout the Eastern Suburbs of Melbourne. Services offered include a variety of free parenting programs as well as a quarterly newsletter containing information about groups and events. Parentzone also provide a free resource library of books, videos and articles about parenting from their Lilydale site. To access our newsletters visit:</p> <p>www.anglicarevic.org.au/newsletters Email: parentzone.errd@anglicarevic.org.au Phone: 9735 4188</p>	<p><u>Parenting Support</u></p> <p>For information about services and supports contact Child FIRST</p> <p>For local government areas of Maroondah, Knox & Yarra ranges Call 1300 369 146</p> <p>For local government areas of Whitehorse, Boroondara, Manningham & Monash Call 1300 762 125</p> <div data-bbox="1406 790 1899 1085" style="text-align: center;"> <p>Play, Learn and Grow... Together!</p> </div>